ABSTRACT OF THE DISCLOSURE

A backup/recovery system and methodology that securely backs up and reliably retrieves data in a computer system. According to the invention, backup/recovery system is
5 utilized for protecting a computer, having data storage means, such as a hard disk, with data stored thereon, on which data real time backup protection is desired, in order to receive data from network system afterwards. In one embodiment of the invention, backup/recovery system is
10 installed in the computer system. The computer system includes an application layer coupled to an interface and operated predetermined application programs. A detecting module is located within the computer system for monitoring a predetermined message to be downloaded to the computer
15 system. When the predetermined message is received, the detecting module determines whether there is a predetermined harmful data contained in the predetermined message. If there is a predetermined harmful data contained therein, the backup/recovery system backs up data, and the interface
20 implements a predetermined procedure thereafter, so that application layer can read the predetermined message.